

# SPIN STUDIO

Our state-of-the-art Spin Studio enables **65+ spin classes per week**, with a mixture of live and virtual classes for you to choose from.



In partnership with:



MONDAY			
Class Type	Time	Instructor	Location
Spin 30	06:30 - 07:00	Gym Staff	Spin Studio
RPM™	07:30 - 08:20	Virtual	Spin Studio
Spin 45	09:00 - 09:45	Gym Staff	Spin Studio
RPM™	10:00 - 10:50	Virtual	Spin Studio
Sprint™	12:00 - 12:30	Virtual	Spin Studio
RPM™	13:00 - 13:50	Virtual	Spin Studio
RPM™	15:30 - 16:20	Virtual	Spin Studio
Spin 30	17:45 - 18:15	Gym Staff	Spin Studio
Sprint™	18:30 - 19:00	Virtual	Spin Studio
Sprint™	19:15 - 19:45	Virtual	Spin Studio
Sprint™	20:15 - 20:45	Virtual	Spin Studio

TUESDAY			
Class Type	Time	Instructor	Location
Sprint™	06:45 - 07:15	Virtual	Spin Studio
RPM™	08:00 - 08:50	Virtual	Spin Studio
Sprint™	09:10 - 09:40	Virtual	Spin Studio
Spin 30	12:15 - 12:45	Gym Staff	Spin Studio
RPM™	13:15 - 14:05	Virtual	Spin Studio
RPM™	14:45 - 15:35	Virtual	Spin Studio
RPM™	16:00 - 16:50	Virtual	Spin Studio
Sprint™	17:15 - 17:45	Virtual	Spin Studio
Sprint™	19:15 - 19:45	Virtual	Spin Studio
Sprint™	20:00 - 20:30	Virtual	Spin Studio
Sprint™	20:45 - 21:15	Virtual	Spin Studio

WEDNESDAY			
Class Type	Time	Instructor	Location
Spin 30	06:30 - 07:00	Gym Staff	Spin Studio
Sprint™	07:15 - 07:45	Virtual	Spin Studio
Sprint™	08:00 - 08:30	Virtual	Spin Studio
Spin 45	09:00 - 09:45	Gym Staff	Spin Studio
Sprint™	12:00 - 12:30	Virtual	Spin Studio
RPM™	13:00 - 13:50	Virtual	Spin Studio
RPM™	14:30 - 15:20	Virtual	Spin Studio
Sprint™	16:00 - 16:30	Virtual	Spin Studio
Sprint™	17:30 - 18:00	Virtual	Spin Studio
Spin 30	18:30 - 19:00	Gym Staff	Spin Studio
Sprint™	20:00 - 20:30	Virtual	Spin Studio

THURSDAY			
Class Type	Time	Instructor	Location
Spin 30	06:30 - 07:00	Gym Staff	Spin Studio
Sprint™	07:30 - 08:00	Virtual	Spin Studio
RPM™	08:45 - 09:35	Virtual	Spin Studio
Sprint™	11:15 - 11:45	Virtual	Spin Studio
Spin 30	12:00 - 12:30	Gym Staff	Spin Studio
Sprint™	13:00 - 13:30	Virtual	Spin Studio
RPM™	14:00 - 14:50	Virtual	Spin Studio
Sprint™	15:30 - 16:00	Virtual	Spin Studio
RPM™	16:30 - 17:20	Virtual	Spin Studio
Spin 45	18:15 - 19:00	Gym Staff	Spin Studio
Sprint™	20:15 - 20:45	Virtual	Spin Studio

FRIDAY			
Class Type	Time	Instructor	Location
Sprint™	06:30 - 07:00	Virtual	Spin Studio
RPM™	07:30 - 08:20	Virtual	Spin Studio
Spin 45	08:50 - 09:35	Gym Staff	Spin Studio
Sprint™	12:30 - 13:00	Virtual	Spin Studio
Sprint™	14:00 - 14:30	Virtual	Spin Studio
Sprint™	15:00 - 15:30	Virtual	Spin Studio
RPM™	16:00 - 16:50	Virtual	Spin Studio
Spin 45	17:15 - 18:00	Gym Staff	Spin Studio
Sprint™	18:30 - 19:00	Virtual	Spin Studio

SATURDAY			
Class Type	Time	Instructor	Location
Sprint™	08:30 - 09:00	Virtual	Spin Studio
RPM™	09:15 - 10:05	Virtual	Spin Studio
Spin 45	10:10 - 10:55	Gym Staff	Spin Studio
Sprint™	11:15 - 11:45	Virtual	Spin Studio
RPM™	12:00 - 12:50	Virtual	Spin Studio
Sprint™	13:30 - 14:00	Virtual	Spin Studio
Sprint™	14:30 - 15:00	Virtual	Spin Studio

SUNDAY			
Class Type	Time	Instructor	Location
Sprint™	08:30 - 09:00	Virtual	Spin Studio
RPM™	09:15 - 10:05	Virtual	Spin Studio
Sprint™	10:20 - 10:50	Virtual	Spin Studio
Sprint™	11:00 - 11:30	Virtual	Spin Studio
RPM™	12:00 - 12:50	Virtual	Spin Studio
Sprint™	13:30 - 14:00	Virtual	Spin Studio
Sprint™	14:30 - 15:00	Virtual	Spin Studio

## CLASS TIMETABLE

Now offering over 120 classes a week - 35+ Live Instructor classes, and 85+ Virtual Les Mills Instructor classes (more classes than many other facilities in the area combined)! This allows you to enjoy our fantastic facilities at a time that suits you.

### GYM OPENING TIMES

<b>Monday:</b>	6:30am - 10pm
<b>Tuesday:</b>	6:30am - 10pm
<b>Wednesday:</b>	6:30am - 10pm
<b>Thursday:</b>	6:30am - 10pm
<b>Friday:</b>	6:30am - 9pm
<b>Saturday:</b>	8am - 4pm
<b>Sunday:</b>	8am - 4pm
<b>Bank Holidays:</b>	8am - 4pm

T: 01254 824 333  
 E: [hello@oakhill-leisure.com](mailto:hello@oakhill-leisure.com)  
 W: [oakhill-leisure.com](http://oakhill-leisure.com)  
 Oakhill Leisure, Wiswell Lane, Whalley, BB7 9AF

# CLASSES

Whether you would like to improve on your body strength or control your breathing through Yoga, we really do have something for everyone! Keep your eye out for our latest addition of **SH'BAM™ by Les Mills**, a fun dance style workout that has various routines for you to try.



MONDAY			
Class Type	Time	Instructor	Location
Circuits	07:00 - 07:30	Gym Staff	Studio 1
Legs, Bums & Tums	07:45 - 08:15	Gym Staff	Studio 1
BodyCombat™	08:30 - 09:30	Virtual	Studio 1
BodyPump™	09:45 - 10:30	Virtual	Studio 1
Resistance Pilates	11:00 - 12:00	Sharon	Studio 1
SH'BAM™	15:15 - 15:45	Virtual	Studio 1
Ab Attack	17:15 - 17:45	Gym Staff	Studio 1
Barbell Club	18:15 - 19:00	Gym Staff	Studio 1
BodyPump™	19:30 - 20:15	Virtual	Studio 1

WEDNESDAY			
Class Type	Time	Instructor	Location
Boxercise	07:15 - 07:45	Gym Staff	Studio 1
BodyPump™	09:00 - 09:45	Virtual	Studio 1
Yoga	10:00 - 11:00	Nicky	Studio 1
SH'BAM™	11:15 - 12:00	Virtual	Studio 1
BodyCombat™	13:30 - 14:15	Virtual	Studio 1
BodyPump™	14:30 - 15:30	Virtual	Studio 1
Legs, Bums & Tums	17:25 - 18.10	Gym Staff	Studio 1
Circuits	19:00 - 19:30	Gym Staff	Studio 1
BodyPump™	19:40 - 20:25	Virtual	Studio 1

FRIDAY			
Class Type	Time	Instructor	Location
Circuits / HIIT	06:30 - 07:00	Gym Staff	Studio 1
BodyCombat™	08:30 - 09:15	Virtual	Studio 1
Basic/Intermediate Pilates	11:00 - 12:00	Eva	Studio 1
SH'BAM™	15:30 - 16:00	Virtual	Studio 1
Circuits	18:00 - 18:30	Gym Staff	Studio 1

TUESDAY			
Class Type	Time	Instructor	Location
Bootcamp	06:30 - 07:15	Gym Staff	Studio 1
SH'BAM™	07:30 - 08:00	Virtual	Studio 1
BodyCombat™	09:00 - 09:45	Virtual	Studio 1
Pilates	10:00 - 11:00	Sharon	Studio 1
SH'BAM™	16:00 - 16:45	Virtual	Studio 1
Bodytone	17:30 - 18:00	Gym Staff	Studio 1
Pilates & Stretch	18:10 - 19:10	Eva	Studio 1
Kettlebells & Core	19:15 - 20:00	Gym Staff	Studio 1
BodyCombat™	20:15 - 21:15	Virtual	Studio 1

THURSDAY			
Class Type	Time	Instructor	Location
BodyCombat™	08:15 - 09:00	Virtual	Studio 1
BodyPump™	09:15 - 10:00	Virtual	Studio 1
Yoga	10:05 - 11:05	Kiera	Studio 1
SH'BAM™	11:30 - 12:15	Virtual	Studio 1
BodyPump™	14:30 - 15:30	Virtual	Studio 1
SH'BAM™	16:00 - 16:30	Virtual	Studio 1
Body Fight	17:15 - 18:00	Eva	Studio 1
BodyPump™	18:15 - 19:00	Virtual	Studio 1

SATURDAY			
Class Type	Time	Instructor	Location
SH'BAM™	08:15 - 08:45	Virtual	Studio 1
Barbell Club	09:00 - 10:00	Gym Staff	Studio 1
BodyPump™	10:15 - 11:00	Virtual	Studio 1
BodyCombat™	12:30 - 13:30	Virtual	Studio 1
BodyPump™	14:15 - 15:15	Virtual	Studio 1

SUNDAY			
Class Type	Time	Instructor	Location
Pump	09:00 - 09:30	Gym Staff	Studio 1
Bootcamp	10:00 - 10:45	Gym Staff	Studio 1
Kettlebells	11:00 - 11:30	Gym Staff	Studio 1
BodyCombat™	11:45 - 12:45	Virtual	Studio 1
SH'BAM™	13:15 - 14:00	Virtual	Studio 1

## Personal Training

If you'd like to mix things up and include some personal training into your regime, we have a team of hugely experienced and highly qualified personal training professionals who would be more than happy to help. Our 1-2-1 personal training sessions can help to achieve the best results in the fastest, safest way possible and are perfect for those recovering from illness or injury, wanting to improve their overall fitness, increase their strength or train for a specific event. **Please call us on 01254 824 333 to discuss further.**

If you are a member, please download the **mywellness app** for free to book on to a class.

Non-members please call **01254 824 333** to book.



Available on Apple and Android devices.

